

WINTER 2008



CWN Newsletter

County Women's Network



Safety First for Holiday Toys

Many of us have small children or grandchildren and want to give them everything we can for Christmas. This article reminds us that we can't leave the safety aspect to the manufacturers of the toys we want to buy, we must make sure, ourselves, that the toys are safe for our little ones. Here are some shopping tips from the experts as well as some websites for more information.

Experts' Shopping Tips

Buy only brand-name toys. Big companies have a huge stake in keeping toys safe and protecting their good name.

Avoid deep-discount or dollar stores, which sell a lot of cheaper, imported toys without brand names.

Consider buying toys from websites such as Amazon .com, which e-mails shoppers if a toy is recalled.

Avoid buying used toys, which may be cracked or chipped.

Don't buy toys with magnets or costume jewelry for toddlers.

Avoid toys made with polyvinyl chloride, or PVC, which often contains hormone-like chemicals called phthalates. They may be marked with a Number 3 recycling code.

Avoid products made with bisphenol A, or BPA, sometimes marked with a Number 7 recycling code.

Consumer Toy Advice

Websites

www.recalls.gov : Federal government. List of all recalled products.

toyinfo.org : Toy industry Association. Suggestions for safety, list of recently recalled toys.

uspirg.org : Public Interest Research Group. Lists ways to protect children from toy hazards.

Chej.org : Center for Health, Environment and Justice. Advice on avoiding polyvinyl chloride, or PVC, and list of PVC-free products.

Here are some mom-written blogs with links to buy safer products:

thesoftlanding.com

safebaby.com

amoms-blog.wordpress.com

safemama.com

INSIDE THIS ISSUE:

PROMOTIONS AND GRADUATIONS 2

BIG SUGAR WALLOP 3

COOKBOOK NEWS 5

NEWS FROM LINDA URQUIZU 6

A TENUOUS BALANCE 10

OH TANNENBAUM! 12



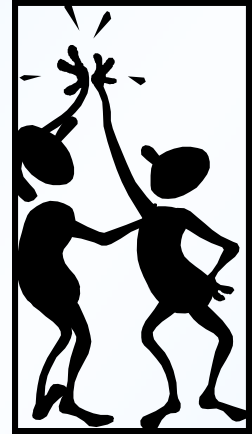
*Denise and Alan Fields, authors
of Baby Bargains; Consumer
Product Safety Commission*

CWN MEMBERS ATTAIN GREATER HEIGHTS ~PROMOTIONS AND GRADUATIONS~

Chris Ricker received the Public Service Recognition, Award of Excellence from the Board of Supervisors in May 2008.

Michele Watson graduated from Chapman University May 18, 2008 with a Bachelor of Arts degree in Sociology.

Congratulations to both of you for your outstanding achievements!



CWN 2008 WOMAN OF THE YEAR

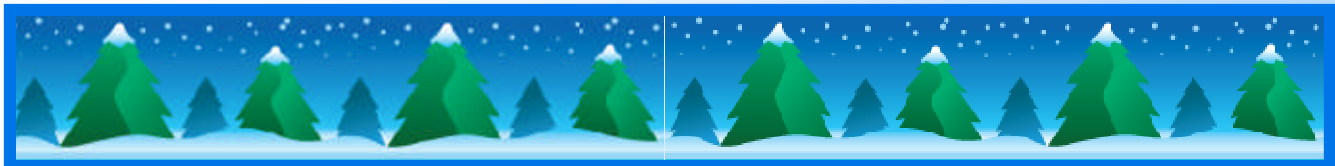
This is an honor bestowed annually on one individual who, through her performance, professionalism, and influence, has contributed to the advancement of women and demonstrated a commitment to CWN's organizational objectives; this individual is deserving of recognition for her contribution to her community, the county, herself, and others.

This year's Woman of the Year is Denise McGovern. Denise has been part of the Board of Directors, serving in one capacity or another...and sometimes in several capacities at a time. She has been unwavering in her support for, and untiring in her dedication to, the County Women's Network. She has taken every opportunity to improve the programs, services and standing of CWN and she continually reaches out to include new members and she has introduced numerous fresh ideas that continue to fuel the organization's progress and success.



*Denise McGovern
CWN 2008 Woman of the Year*

Congratulations Denise!



December Observances

Rosa Parks Day. Dec. 1. Celebrate this turning point of the Civil Rights Movement. It's the anniversary of the 1955 arrest of Rosa Parks for refusing to give up her seat and move to the back of the municipal bus in Montgomery, Ala. Her arrest triggered a yearlong boycott of the city bus system and led to legal actions that ended legal segregation.

Extraordinary Work Team Recognition Day. Dec. 4. A day to recognize business teams that work extraordinarily well together, producing significant results and accomplishments for their organizations. For more information, go to www.qpcteam.com.

Saint Nicholas Day. Dec. 6. Saint Nicholas is one of the most venerated saints of both Eastern and Western Christian churches. Little is known of his life except that he was Bishop of Myra (in what is today Turkey) in the 4th century, and from early times he has been especially noted for his charity. "Santa Claus" and his presentation of gifts at Christmas are believed to have derived from the acts of Saint Nicholas.

National Poinsettia Day. Dec. 12. A day to enjoy poinsettias and to honor their namesake Dr. Joel Roberts Poinsett, the American diplomat who introduced the Central American plant into the United States. Poinsett died on Dec. 12, 1851. He served as a member of congress and secretary of war.

National Children's Memorial Day. Dec. 14. This remembrance of the more than 79,000 children who die in the United States every year is held annually on the second Sunday of December. For more information, go to www.compassionatefriends.org.

Soda Packs Big Sugar Wallop

If you think it's no big deal that your child has a soda at school, you might ponder this, says the American Academy of Pediatrics (AAP): Each 12 ounce serving of a carbonated, sweetened soft drink contains the equivalent of 10 teaspoons of sugar and 150 calories. Would you give your child permission to eat 10 teaspoons of sugar in one sitting?

Soft-drink consumption has increased by 300 percent in the past 20 years. And serving sizes have increased from 6.5 ounces in the 1950s to 20 ounces by the late 1990s, according to the AAP. Between 56 percent and 85 percent of school-age children consume at least one soft drink daily. Twenty percent of this group consumes four or more servings a day.

When consumed daily, each 12 ounce sugared soft drink has been associated with a 60 percent increase in the risk of obesity. The AAP also warns that soft drinks pose a risk of dental cavities and enamel erosion due to acidity.





You Are Cordially Invited To Attend

The County Women's Network

This Free Event is for CWN Members Only

Wednesday, December 17, 2008

11:30 am to 1:00 pm

Orange Show – Valencia Room 1 & 2

689 S. E Street, San Bernardino, CA 92408

You Must Register by Friday, December 12th

Please use one of the below links to our electronic registration sites:

Intranet: <http://countyline/>

Internet: <http://www.sbcounty.gov/cwn/>

Those of you without intranet/internet access may

RSVP by e-mail to lpaul@hss.sbcounty.gov or call Leta Paul at (909) 420-6451

Directions to Orange Show

From 215 North

Exit Orange Show

Turn right

Continue to Arrowhead Ave

Turn Left

Orange Show located on left side of the street less than ¼ miles

From 215 South

Exit Orange Show

Turn left

Continue to Arrowhead Ave

Turn Left

Orange Show located on left side of the street less than ¼ miles

Let's show our giving spirit, bring your donations of toys and supplies for:

Option House

By now I'm sure you've all heard that the CWN cookbook is here and ready to purchase. It's a fabulous book filled with great recipes from our members, their families and friends. Why not give some for Christmas gifts?

They are selling for only \$10.00

each and remember a portion of the profits will go to a charitable organization here in San Bernardino County. You can contact any board member for information or just stop by PERC and pick up a few!



This Month in History

10 Years Ago

1998 (Dec. 19) The House of Representatives impeaches President Bill Clinton on charges of perjury, obstruction of justice, and abuse of power relating to the Monica Lewinsky scandal and the sexual harassment charges filed by Paula Jones. Less than two months later, the Senate acquits Clinton.

15 Years Ago

1993 (Dec. 2) The National Aeronautics and Space Administration (NASA) launches the space shuttle, *Endeavor*, to repair an optical flaw in the Hubble Space Telescope. The flaw is in the telescope's eight-foot mirror, making it difficult to distinguish faint objects and resulting in fuzzy images.

35 Years Ago

1973 (Dec. 6) Gerald Ford is confirmed and sworn in as vice president to replace Spiro Agnew, the vice president under President Richard Nixon, who resigned to avoid criminal charges of bribery. Ford became the first in U.S. history to ascend to the presidency without being elected as either the vice president or the president.

50 Years Ago

1958 (Dec. 1) The *Physical Review* published a paper by physicists Charles Townes and Arthur Schawlow on their concept of a laser. They received a patent for it two years later and Nobel Prizes for related work later in their careers.

75 Years Ago

1933 (Dec. 5) The 21st Amendment is fully ratified on this date to federally repeal Prohibition. It is the first amendment of the Constitution passed solely to repeal a previous amendment made.

95 Years Ago

1913 (Dec. 21) The world's first crossword puzzle—in the shape of a diamond—is published. Arthur Wynne, an English-born journalist working for the *New York World*, devised the word game, which he originally called "word-cross."

HERE I AM, SEND ME!

*Last Spring, one of our members went on a mission trip to Africa. Here **Linda Urquizu** shares the story of her journey with us.*

I would like to sincerely thank each and every one of you for your support of my recent work with women and children in Africa. Your donations of dishtowels, time, and money far exceeded all expectations. You are truly women who care about those who are less fortunate than yourselves, and your work was appreciated more than any words could possibly say.

As background, I was part of a team who left for Africa on Sunday, March 31, 2008, and worked through an organization called Transformed International (TI). Our team was involved in many activities and projects in Kenya and Uganda. I would like to share a little about some of this work so you understand how your support was used.

I was part of a group of three women that was assigned to work with a group of about 120 widows in the slum area of **Mili Saba** in Kenya. Mili Saba, *the Seventh Mile*, is located 7 miles out of the town of Kitale, Kenya. There is much poverty and many widows in this community. Our group of three put on a three-day conference for over 120 women, mostly widows.

At the end of the conference, we were very touched when given an appreciation gift of three live chickens. These chickens bound at the legs were shoved into the middle of the spare tire in the truck of our taxi. The lid to our bin of supplies was then placed over the chickens. We took the chickens to the TI compound where our translator butchered them. The meat was then given to Oasis of Hope where it could be used to feed children who were fortunate to get meat perhaps one time a year.

The female members of our team also worked with over 320 widows from the slum area of **Shimo la Tewa**. This area is known for brewing traditional, illegal alcohol; drunkenness; prostitution; teen pregnancy; and extreme poverty. We put on a four-day conference for over 320 women. At the end of the conference, we were again deeply touched by the gifts of appreciation that were presented to us, which were three beautiful bouquets of roses. A widow who attended the conference shared, "We have not just been handed a fish but have been taught how to go fishing, and we will benefit from this skill forever." In other words, the ladies felt empowered by the information we shared with them.

In Kenya, when a woman's husband dies, the husband's family takes ownership of all of the deceased husband's possessions. The woman is left with little or nothing in the way of material possessions. Therefore, the women with whom we worked were extremely poverty stricken. As we made our presentations at both women's conferences, we observed that large groups of women sharing one pencil to write down precious promises on tiny bits of paper. The women's dire living circumstances made their gifts of appreciation to us all the more meaningful because they gave from their poverty, not from wealth.

Widows show their painted towels

I cannot tell you how much these women appreciated your gift of the dishtowels. Jessie Burr of CWN and myself embroidered each towel before we left the States. Thank you, Jessie, for the time you took to make the gifts to the women beautiful. The women painted their towels during the conferences, and some women even used their towels as scarves to wrap around their heads. In addition, we worked and visited with many children, including the children of the streets of Kitale, Oasis of Hope Drop-In Centre, Graceway Academy, Church of Christ Children's Home, Hope Bright Future Children's Home, The Fire Place, and Meru Farm.

(continued next page)



Widows of Mili Saba



Oasis of Hope is a program to help vulnerable, at-risk children, as well as street kids. The program includes a drop-in centre for these kids. The street children must release their choice of drug (glue) to the centre and are then assisted in rehabilitation and education.

There are steps that the child must take: being serious about getting off glue and good attendance in the school and program. Later, they can be placed in one of the group homes or assisted from their family home (Family Assistance Program).

The drop-in centre currently has 60 to 70 children attending the school per day. The average age group of these children is 9 to 10 years old. At the current time, there are 25 children in the group home and 10 children in the Family Assistance Program. There are four staff members at the school, and one mom and three dads in the four group homes. Each group home has a maximum of eight children. Our team planned and conducted crafts daily for the children in the drop-in center. We also planned free-time games, assisted the children with in class work, and gave lessons. We also visited the children in each of the four group homes.



Graceway Academy Students

Graceway Academy is a school that provides nursery education to destitute and orphaned children in the community. Most of these children are from surrounding slum areas. We planned and conducted a craft with the children and played games with the children during their free time. Their ages were about 3 to 7 years old.

Hope Bright Future Children's Home provides the necessary needs for orphaned children in the Kiminini area, located about 18 miles from Kitale. These children are from the most needy cases that TI comes across. None of these children have any family who are able to care for them. Most are AIDS orphans. They currently have 23 children in their home and 2 staff members. The age group of the children at HBF is 3 to 17.

Our team of men were involved in a kitchen-building project at this orphanage. Food for the orphans had previously been prepared in a cow pen, minus the cow. This cooking environment created problems in that the rain came down right through the rafters. The orphanage now has a nice building in which to prepare food for these orphans. On Saturdays, our entire team went to this orphanage and played games, conducted crafts, and taught lessons with the kids.



Finished kitchen building built by the team at orphanage

The Fire Place is an afternoon church meeting that began in 2007 to target the young adults in the Kitale area. The church has grown and averages 100 people weekly meeting at 3 p.m. on Sundays. The number of children coming also grew and, in August of last year, a children's church was started at the same time. There are about 20 to 30 children weekly. The ages generally range between about 5 and 13. Our team led this children's church on Sundays by teaching lessons, playing games, and conducting crafts.



Linda Urquiza and team visiting with street kids of Kitale where they live

Our team of women visited the **street kids of Kitale** right where they live. I have never in my life seen an area so filthy. These kids live in an area that can most accurately be described as a giant pigpen. There were about 10 to 15 pigs wallowing in the mud while we were there. We saw children, many very young, walking down the street, holding their bottles of glue, and huffing glue fumes as they walked. They sniff because glue numbs—their hunger pangs, fear of danger on the streets, and chill from the cold caused from lack of blankets or any type of bedding or shelter.

(continued next page)

We visited, held, and tried to encourage these children and then escorted them to the restaurant in a local hotel where we all sat down to a nice lunch of chicken and chips (called French fries in the States). TI will be building a rescue center for the street girls this year and a part of what they are doing now is building relationships with these girls.

Meru Farm is a project that TI supports with monthly food deliveries. We visited this home and played games and did crafts with the 35 children (between the ages of 3 and 17) who live in this home. The kids' one surviving grandmother, who lost ALL her kids and in-laws to AIDS, is raising all of these orphans. God was faithful in giving us the hands and heart of Jesus as we ministered to this family. God was also very gracious in strengthening us so that the kids saw only smiles that day and none of our later-shed tears.

In closing, the opportunity to hold and hug, love and kiss poor and needy orphans and widows during this trip was truly the greatest blessing of all. Going on this trip two weeks after my last surgery was truly one of the greatest challenges to me personally; however, I was blessed with good health throughout the trip and, fortunately, did not need medical care. We visited a hospital during our trip, and it certainly would not have been the best place to get medical care with open sewers, dirty linens, crowded rooms, and empty IV lines. When one answers the question, "Whom shall I send? And who will go for us?" with "Here am I, Lord. Send me!" that person is equipped to accept the invitation no matter what the circumstances. And that truth became very apparent to me as a result of this recent calling to Africa.

Thanks again for your support of needy women and children in Africa.

Linda Urquiza



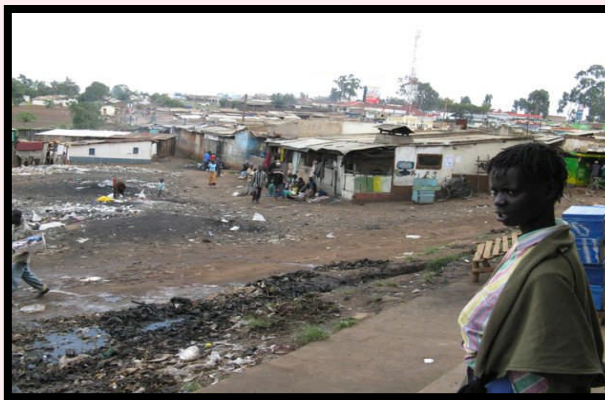
Inside the only classroom for 70 students



Working with orphans at Hope Bright Future Children's Home



Grandmother with 35 grandchildren she is raising



Home to hundreds of orphaned children on the streets

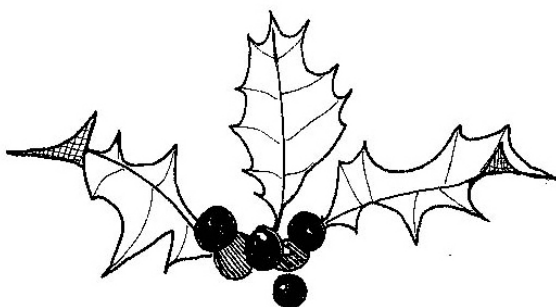
DECEMBER 2008

Word Jumble



| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | L | O | N | Y | B | O | R | V | E | Y | S | E | R | O | T | S |
| H | T | O | T | E | B | A | G | S | I | T | G | R | A | T | P | V |
| O | R | H | D | I | S | W | E | B | R | A | N | E | W | A | C | H |
| P | I | H | O | L | I | D | A | Y | S | A | L | E | S | R | N | E |
| P | O | L | M | C | D | F | A | E | I | R | M | I | A | D | E | C |
| I | X | M | E | R | C | H | A | N | D | I | S | E | N | E | I | P |
| N | U | B | I | W | R | A | P | P | I | N | G | P | A | P | E | R |
| G | O | W | E | D | O | L | I | T | O | O | T | L | E | O | N | E |
| L | H | A | N | E | W | P | L | B | L | E | M | T | W | I | R | S |
| I | L | T | H | Y | D | V | B | B | S | T | R | O | R | A | E | E |
| S | C | R | E | M | S | I | O | N | P | A | L | R | K | C | T | N |
| T | A | S | I | D | R | G | R | A | D | U | G | I | H | T | U | T |
| O | M | W | A | L | E | M | O | V | P | R | A | S | N | E | R | S |
| N | S | A | L | E | S | S | T | A | F | F | T | O | D | E | N | R |
| D | U | F | L | M | A | Y | M | S | G | E | F | E | R | T | S | A |
| I | I | T | Y | L | R | A | M | L | I | N | S | O | F | M | I | E |
| N | N | O | E | M | I | L | G | I | F | T | C | A | R | D | S | T |
| A | P | T | R | E | N | E | E | U | S | G | O | L | A | T | A | C |

Catalogs
Crowds
Gift cards
Holiday sales
Lines
Mall
Merchandise
Presents
Returns
Ribbons
Sales staff
Shopping list
Stores
Tote bags
Wrapping paper



Solution

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | T | A | L | O | G | S | G | O | L | E | N | E | E | U | S |
| S | T | I | S | I | F | I | C | A | R | D | S | T | A | C | | |
| E | I | N | E | O | S | N | I | T | A | M | I | N | E | | | |
| A | S | L | E | S | S | T | A | F | F | T | O | D | E | N | R | |
| N | S | A | L | E | S | S | T | A | F | F | T | O | D | E | N | R |
| O | M | W | A | L | E | M | O | V | P | R | A | S | N | E | R | S |
| T | A | S | I | D | R | G | R | A | D | U | G | I | H | T | U | T |
| S | C | R | E | M | S | I | O | N | P | A | L | R | K | C | T | N |
| E | I | L | T | H | Y | D | V | B | B | S | T | R | O | R | A | E |
| L | H | A | N | E | W | P | L | B | L | E | M | T | W | I | R | S |
| G | O | W | E | D | O | L | I | T | O | O | T | L | E | O | N | E |
| N | U | B | I | W | R | A | P | P | I | N | G | P | A | P | E | R |
| I | X | M | E | R | C | H | A | N | D | I | S | E | N | E | I | P |
| P | O | L | M | C | D | F | A | E | I | R | M | I | A | D | E | C |
| P | I | H | O | L | I | D | A | Y | S | A | L | E | S | R | N | E |
| O | R | H | D | I | S | W | E | B | R | A | N | E | W | A | C | H |
| H | T | O | T | E | B | A | G | S | I | T | G | R | A | T | P | V |
| S | L | O | N | Y | B | O | R | V | E | Y | S | E | R | O | T | S |

Work, Family and Self: A Tenuous Balance

PAGE 10

By Cheryl Thibault

Even during the best of times balancing work and family obligations is difficult. But during a stressful period of time it may seem impossible. Many employers offer a wide variety of tools and resources to help employees learn to create balance between work and other demands. The County of San Bernardino has an array of programs and services to assist you, whether it's caring for a sick child or parent, helping with finances or maintaining your own mental or physical health. These services and programs include:

The Family Medical Leave Act (FMLA) – provides job and benefit protection during leaves of absences for the employee's own serious health condition or to enable the employee to care for a family member with a serious health condition.

The California Family Rights Act (CFRA) – provides similar job and benefit protection as FMLA, but also allows for leave to bond with a new child.

Pregnancy Disability Leave (PDL) – provides job and benefit protection during a leave of absence due to a pregnancy related disability.

Short-term Disability (STD) - replaces 55% of lost income, up to a maximum of \$917 a week due to lengthy absences caused by non-occupational medical conditions that prevents the employee from performing their job duties.

Paid Sick Leave – Pay during times you are unable to work because of illness or injury or when members of your immediate family are ill and injured and you are needed to take care of them.

Medical Emergency Leave (MEL) – A program which allows employees to donate their leave accruals to other County employees when they are unable to work for an extended period of time because of a serious illness or injury.

“My Health Matters” – A program designed to offer tools and incentives for employees to improve their physical health, including Health Assessments, tools for weight control, smoking cessation and nutritional counseling.

Employee Assistance Program (EAP) – A program to provide resources to employees on a variety of topics, including Individual and Group Counseling; legal and financial assistance; and child and elder care.

If you would like to services and programs Employee Benefits and 5787. EBSD is open day – Friday.

receive complete details on the highlighted above, please contact Services (EBSD) at (909) 387- from 7:30 a.m. to 5:00 p.m., Mon-



Interesting (ahem) Statistics

- Average life expectancy (in seconds) of an enemy soldier in a Chuck Norris film: 4
- Number of men who have written letters proposing marriage to Vanna White: 3,506
- Age most people stop believing in Santa Claus: 8
- Age most people stop believing in politicians: 7
- Number of chemical elements in the universe: 104, In a glass of New Jersey tap water: 98
- Salary of the average pro wrestler: \$47,500 /yr.
- If pro wrestling didn't exist: \$4.25/hr.
- Number of things that annoy Andy Rooney: 2,000,000
- Number of people annoyed by Andy Rooney: 23,000,000
- Average miles per gallon you can expect if a car maker's ad says "30 mpg city": 23
- Number of people who aren't doctors, but play them on TV: 57
- Number of Americans who believe any of these statistics are true: 2,478,644

—adapted from the Internet

Why it's Hard to Say No — and How to Anyway

Do you say yes to requests that commit you to things that you don't really have time for and that make you feel stressed? There are many reasons that people say yes, when they really want to say no:

- Some people have a great sense of duty and obligation. They feel like they have to say yes to almost anything they are asked to do. This kind of person can end up feeling resentful and burned-out. Remember, that taking care of yourself is important, too.
- Some people just want everyone to like them, and they're afraid if they say no they might cause the person making the request to reject them. Don't worry so much. People accept others saying no in life, and they'll accept you saying no, too.

- Some people are afraid they'll miss out on a big opportunity if they say no to something. If you think doing something will help you achieve some of your own goals, then you should probably do it. Otherwise, remember that there will be other opportunities in life.

- Some people feel flattered when they are asked to do something. If you need flattery, get it from your friends or family. At work it could cost you lots of extra hours.

- Some people hate confrontation so much they will do almost anything to avoid it. Most people don't scream and yell when someone says no, but if they do, they'll get over it, and so will you.

When you do need to say no, here are

a few tips that might help:

- Always be polite, but firm. Don't tell the person too much about your situation because the person making the request of you might then ask you to say yes to a different version of the previous request.
- If you will have to say no eventually to a request, you should do it as soon as possible to avoid dragging the situation out.
- Always know your priorities. If something you're asked to do doesn't fit in with you and what you believe, don't do it. Say no.

—adapted from *The Complete Idiot's Guide to Overcoming Procrastination* by Michelle Tullier

Oh, Tannenbaum . . .

Decorated trees are a holiday tradition that helps set the mood of the season. However, they can easily become hazards in the home, whether they're real or artificial. Here are a few tree tips from the National Fire Protection Association to keep your home safe this holiday season:

- **Always use lights listed by a testing laboratory.** Be aware that some lights are made for indoor use only, and some made for outdoor use only, but not both. If you tree, the lights should include some type of reflector so the tree.
- **Make sure lights are in working order.** Never use worn, frayed, or broken cords, or loose bulb connections. three strands of push-in bulbs and a maximum of 50 manufacturers' directions.
- **Always unplug decorative lights before leaving your** Leaving the lights on when you're gone or asleep in-spreading without your knowledge.
- **Never use lit candles to decorate your tree.** Real ble, and artificial trees are made of plastics that can ig-ble, and artificial trees are made of plastics that can ig-
- **Make sure your tree is at least 3 feet away from any** fireplaces, radiators, and candles. If possible, place the tree near an outlet so cords are not running long distances. Do not block any exits with your tree. And if it's live, don't forget to water it!
- **When your tree starts dropping needles, dispose of it.** Dried-out trees are highly flammable and should not be left in the house, in the garage, or placed against the house. To recycle your real tree, find the nearest center or program at <http://earth911.com>.



use larger lights on your the bare bulbs don't touch

strings of lights that have Connect no more than screw-in bulbs. Follow

home or going to bed. creases the risk of a fire

trees are highly combusti- nite. (If you buy an artifi-

heat source. This includes

Manufacturing Your Own Happiness

If you are a person who tends to worry too much or have lots of unhappy thoughts, you may want to try the following exercise to break the "habit" of unhappiness.

Many people are so used to having unhappy thoughts, they don't know that there is any other way to think. And so they are unwilling to try to "artificially" change their way of thinking.

There are several methods you can use. One method of meditation is that as soon as you wake up in the morning

you should immediately flood your mind with happy, positive thoughts.

Do not give your mind free rein to dip into negativity, because if that is already your habit, your mind will fall back into its usual rut.

Instead, insert positive, happy thoughts in your mind. Decide upon the thought and then focus on it, repeat

it several times and then visualize it.

Try starting out each day like

this for one week, and see if you notice a difference in how you feel. This is also a good thing to do just before you fall asleep at night. Instead of worrying about what went wrong during your day or what might go wrong tomorrow, focus on what you enjoyed during the day or what you might enjoy tomorrow.

—adapted from *The Power of Positive Thinking*, by Norman Vincent Peale





County Women's Network

Going Full Circle to Promote Professional and Personal Growth

Contact Us

President - Jane Adams - DAAS
 Secretary - Marcene Bell
 Director of Membership - Leta Paul
 Director of Membership - Marlene Goodell

TOTALLY TRIVIA

With everyone focusing on Christmas and Hanukkah, we tend to forget that New Year's Eve is coming! Test your knowledge of New Year's facts with this trivia challenge.

Questions

1. When was the first year the ball dropped in Times Square?
2. What is the Times Square ball made of, how large is it and how much does it weigh?
3. In what city and state is a pine cone lowered on New Year's Eve?
4. Where and when was the first New Year's holiday observed?
5. What is the name of the Jewish New Year?
6. The Scottish tune Auld Lang Syne is a common song sang right after the stroke of midnight. What is the literal translation of the song's title?
7. In the Middle Ages, most European countries used the Julian calendar. When did they observe New Year's Day?
8. What is the most watched New Year's parade in the U.S.
9. On the Chinese calendar, 2008 was the year of the what? What is 2009 the year of?
10. What is the most common New Year's resolution?

Three Ways to Ease Your Anxiety this Month

1. **Aim for "good enough."** Stop striving for perfection. You'll only drive yourself—and anyone else in your orbit—nuts. You can't make everything ideal. No tree is perfect; cookies don't have to be made from scratch. Do your best, then move on.
2. **Prioritize your socializing.** With all the parties and get-togethers going on during the holiday season, don't feel obligated to attend every single function. Decide which events are most important both professionally and personally, and skip the nonessential ones.
3. **Divide the labor.** Separate your to-do list into small, manageable chunks. Instead of exhausting yourself by trying to do everything at once, wrap one or two gifts every evening. Shop online during lunch breaks for 20 minutes at a time. Write five holiday cards each morning. Break down tasks however you can so they're not daunting.



Answers

1. 1997
2. It's made of Waterford Crystal, is 6 feet in diameter and weighs 1070 pounds.
3. Flagstaff, AZ
4. Ancient Babylon in the year 4000 BC.
5. Rosh Hashanah
6. Old Long Ago
7. March 25th
8. The Parade of Roses
9. 2008 was the Year of the Rat. 2009 is the Year of the Ox.
10. To lose weight.